



2024 Western Canadian Diving Championships

May 3-5, 2024
Lawson Aquatic Center
Regina, Saskatchewan

Junior & Senior National Qualifier

Competition History

The Western Canadian Championship event organizers provide hospitality that is second to none. In addition to hosting this event the Regina Diving Club has been the host club for Senior Nationals, Olympic Trials, Jeux du Canada Games and this will be our 16th Western Canadian Diving Championships.

The Facility



The Lawson Aquatic Center is a Class "B" facility, and is home for the Regina Diving Club. The Lawson is equipped with three competition one-meter "Maxiflex" Type B springboards, two three-meter "Maxiflex" Type B springboards, as well as a three-meter, five-meter, seven and a half-meter, and ten-meter platform. The Lawson is outfitted with a bubbler system, and "rougtex" surfaced platforms. Dryland will include 3

trampolines, box stations, tumbling mat and folding mats. The Lawson Aquatic Center is an excellent training facility, in addition to a great competition venue.

Your Competition Hosts

As the Regina Diving Club celebrates its 35th season in 2024, we welcome visiting teams to our hometown and facility.

Since 1989 thousands of kids have been introduced to the sport of diving, and many have gone on to represent the city of Regina, province of Saskatchewan, and our nation at events both domestically and internationally.

The Regina Diving Club prides itself on its hosting abilities as it showcases many of Western Canada's top divers.





2024 Western Canadian Diving Championships

May 3-5, 2024

Lawson Aquatic Centre
Regina, SK

Diving Plongeon Canada Sanctioned Competition: Junior National Qualifying Event, Senior National Qualifying Event & Novice Event.

Technical Directors:

Laura Desautels
Claudia Chavez

1.306.209.4615

Email: Laura@reginadiving.ca

Meet Referee:

Stephane Lortie

Email: Stephanelortie@hotmail.com

Meet Managers:

Bonnie Vickaryous & Melissa Burnett

Entry Fees:

\$ 80.00 per athlete (Includes lunch & snacks on competition days & judges fee)

\$ 40.00 per event

*JD 1m event (\$40 total)

Hospitality

There will be a hospitality room available at no charge to athletes, coaches and officials with breakfast, lunch and snacks provided each competition day. There are also several options close to the pool (Tracks Café is in the facility, Real Flavours is across the street in the AffinityPlex, and Dairy Queen across the street).

Entry Deadline:

Entries may be emailed to laura@reginadiving.ca by **Thursday April 11th, 2024**.

Entries submitted after the due date will be an additional \$20.00 per athlete.

Dive sheets:

Please submit dive sheets by **Tuesday April 30th, 2024** using the Rezman dive sheet generator.

Email to: laura@reginadiving.ca

Events Procedures:

1. There will be a minimum of 20 minutes per event warm up.
2. Technical Director reserves the right to move events no more than one hour ahead of schedule.
3. Competition schedule is subject to change dependent upon competitor registrations.
4. All DPC rules will apply to all National Qualifying events, please refer to the DPC Handbook & Rulebook.
5. Novice events will follow the Novice National rules.

Awards:

Medals – Gold, Silver and Bronze

Ribbons – 4th to 8th

Award – Top Male & Female

Competition venue:



Lawson Aquatic Centre
1717 Elphinstone Street
Regina SK.
306-777-7323

Hotel Information:

WESTERN CANADIAN DIVING CHAMPIONSHIPS

DoubleTree by Hilton Hotel & Conference Centre Regina

- 1975 Broad St, Regina, SK S4P 1Y2

\$129



- Variety of rooms including: 1 King Queens;
- Complimentary breakfast for up to 4 people per room
- Parking 17.00/night
- Must be booked by April 12th

Book your room:

1. Online
<https://www.hilton.com/en/attend-my-event/yqrccdt-909-efe4099c-9692-4ea4-b2f7-b063cdbf357e/>
2. Guest Room Booking By Phone
 - 306.525.6767 and press option #1
 - Reference Code: Western Canadian Diving or Quote Code: 909

Home Inn and Suites Regina Airport West

- 4801 Harbour Landing Dr, Regina, SK S4W 0B7

\$154



- Two Queen Dream Room with kitchenette
- Complimentary breakfast
- Free parking
- Must be booked by April 01

Book your room:

1. Online
<https://reservations.travelclick.com/104204?groupID=4117502>
2. Guest Room Booking By Phone

Group Name: Diving Championship
Phone:306.546.4663

NATIONAL DIVE REQUIREMENTS

All DPC rules will apply to all National Qualifying events, please refer to the DPC Handbook & Rulebook.

GROUP E: Age: 9 years and under on December 31st of the year of the competition.

1m (6 dives)	Hurdle 100A, 200A & 4 dives (3 groups). All dives have a degree of difficulty of 1.8
3m (6 dives)	Hurdle 100B, 001B, 002A & 3 dives (3 groups). All dives have a degree of difficulty of 1.9
Plt (6 dives)	100B, 001B, 002A & 3 dives (2 groups). All dives have a degree of difficulty of 2.0. *3 metre & 5 metre platforms may be used.

JD EVENT: Age: 7 years and under on December 31st of the year of the competition.

1m (5 dives)	100A, 100B, 200A & 001B, 002A. All dives have a degree of difficulty of 1.8
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NOVICE EVENTS - 2024 Requirements (Age as of December 31st of the year of the competition).

<p style="text-align: center;">GROUP F (7 & under)</p> <p>1m (5 dives): 100A, 001B, 200A, + 2 Dives (2 Groups) 3m (4 dives): 100A, 001D, 200A or 002D, + 1 Dive (1 Group)</p> <p style="text-align: center;">GROUP E (8 & 9 yrs)</p> <p>1m (5 dives): 100A, 200A, 001B/002A + 2 Dives (2 Dir –can include fall in) 3m (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir –can include fall in) PLT (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir – can include fall in)</p> <p style="text-align: center;">GROUP D (10 & 11 yrs)</p> <p>1m (5 dives): 3 Dives with 5.4 d.d. limit, 2 without d.d. limit (3 Dir) 3m (5 dives): 001D or 002D, 2 with 3.8 d.d. limit, 2 without limit (3 Dir) PLT (5 dives): 001D, 002D + 3 dives (3 Dir)</p> <p style="text-align: center;">GROUP C (12 & 13 yrs)</p> <p>1m (6 dives): 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Dir) 3m (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Dir) PLT (5 dives): 001D or 002D + 4 dives (4 Dir)</p> <p style="text-align: center;">GROUP B (14 & 15 yrs)</p> <p>1m (7 dives): 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Dir) 3m (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir) PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)</p> <p style="text-align: center;">GROUP A (16-18 yrs)</p> <p>1m (8 dives): 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Dir) 3m (7 dives): 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Dir) PLT (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)</p> <p style="text-align: center;">MASTERS (18-29, 30-49, 50 and over)</p> <p>1m/3m/Plt: men & women 4 dives (may use 100, 200, 001, 002)</p> <p style="text-align: center;">SYNCHRO</p> <p>A/B 3m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Dir) C/D 1m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (3 Dir)</p>	<p style="text-align: center;">SPECIAL RULES:</p> <ol style="list-style-type: none"> 1. Diver's that have met a National standard on any board are not eligible for Novice Events. 2. DD's: All jumps & fall ins are 1.0 3. F & E's can repeat fall in if in different position 4. Plt: All dives on 3m plt are 1.0 All dives 5m & above are Fina DD 5. Masters: all dives must have different dive numbers, except 70+ can repeat in different position)
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